

Alternatives To Spanking



About Spanking

- Children have the right to grow up in an environment free from violence, disrespect, and hurt.



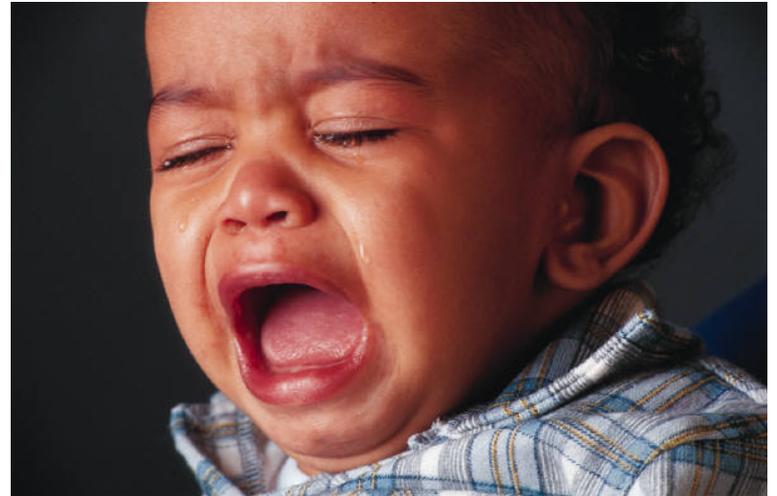
About Spanking

- The greatest limitation of spanking is the negative impact on children's psychological development.



About Spanking

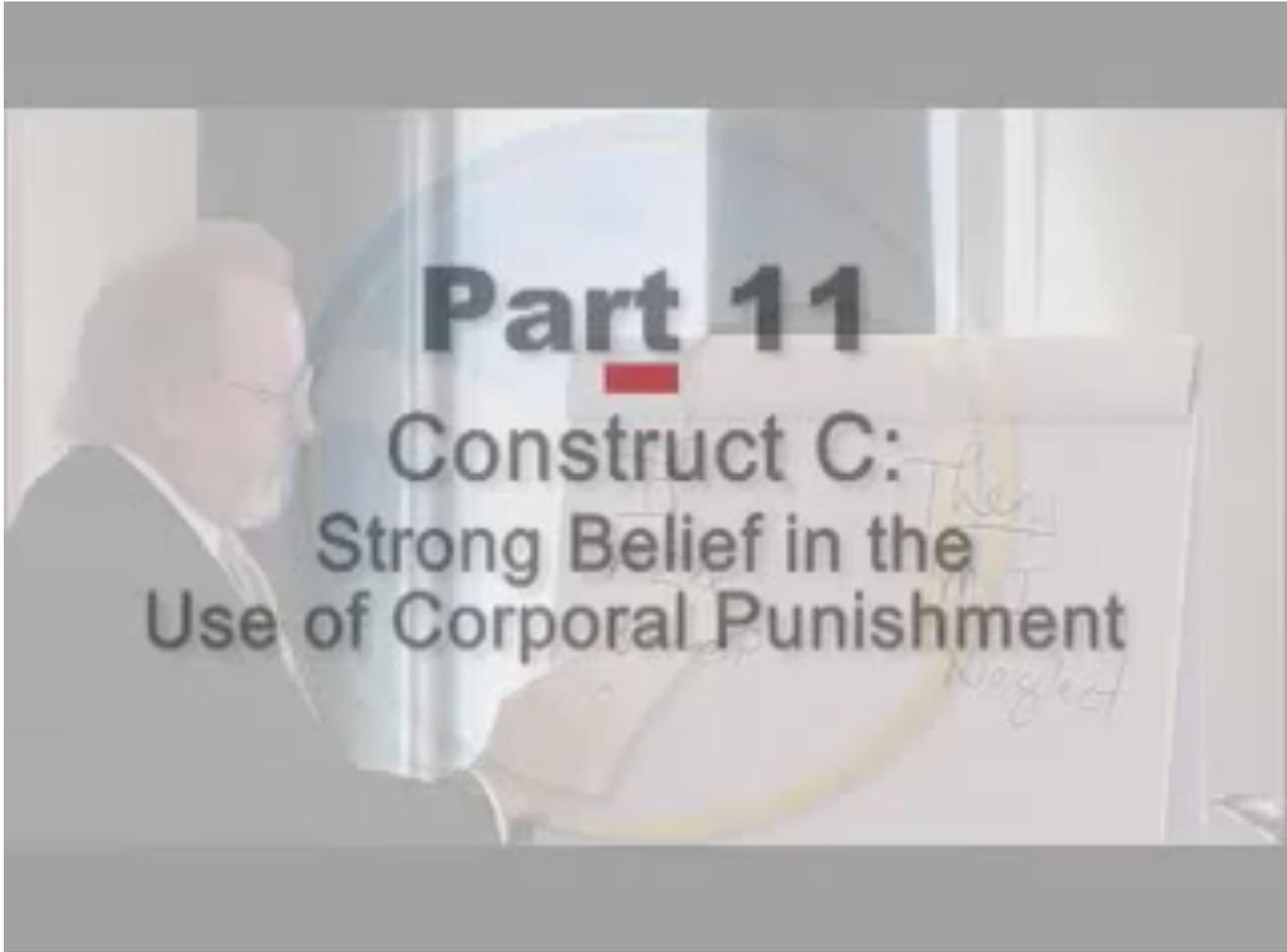
- The more frequently that spankings occur, and the greater severity of the spankings (beatings), the greater the negative impact.



About Spanking

- Violence breeds violence. Children learn how to be violent, and a large part of the learning occurs in the home.





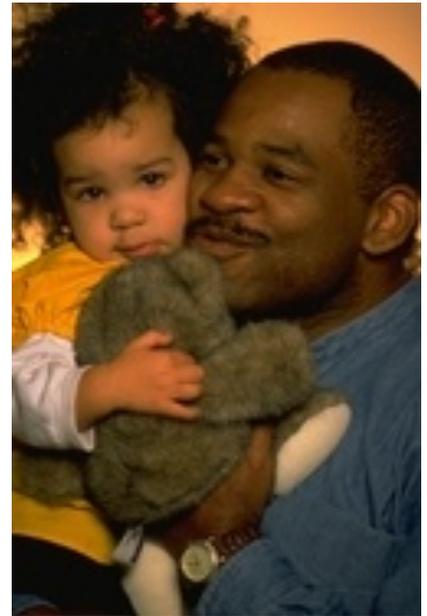


Why do parents spank?

- As a group list the top three reasons parents believe in spanking and/or corporal punishment.

Parents Hit Their Children Because of Personal History

- Many people raise their children the way they were raised.
- Adults who were spanked as children tend to repeat those same patterns in raising their children.



Parents Hit Children to Teach Them Right From Wrong

- *The reality is that spanking communicates to children that they did something wrong, and that they are bad people.*
- Hitting **never** teaches children what to do or what is the right thing to do. It only teaches children what is not acceptable.

Parents Spank Children as a Form of Punishment

- For many parents, hitting is the only way they know to punish children for misbehaving.
- Parents are afraid if they don't spank, then their children will be out of control.



Parents Spank Children as an “Act of Love”

- Some parents feel that hitting children is an act of love born out of concern for their child’s well-being.
- Statements like “If I didn’t love you, I wouldn’t be doing this,” or “This hurts me more than it hurts you,” send confusing messages to children.

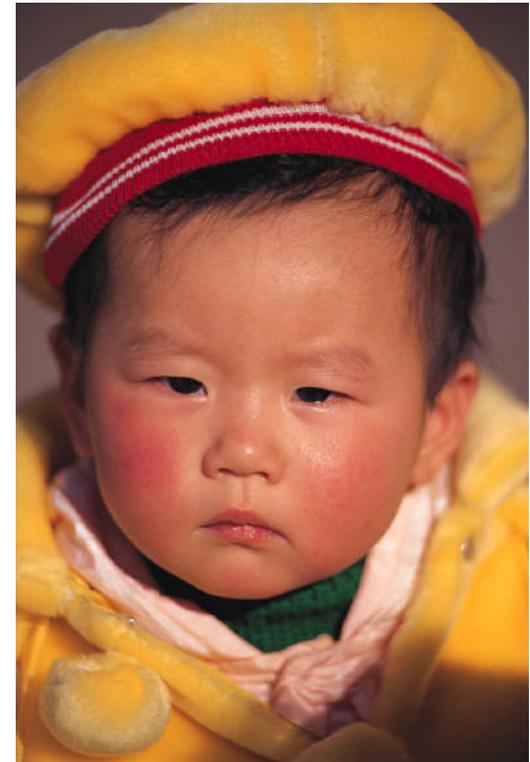


Parents Spank Their Children When They are Angry or Stressed Out

- Parents who are stressed out, angry and who lose control easily are at a higher risk for seriously hurting their children than parents who can control their anger.
- The key to controlling one's anger is to not let it get out of control. Instead, find another way to release anger energy.

Parents Spank Children To Teach Them Respect

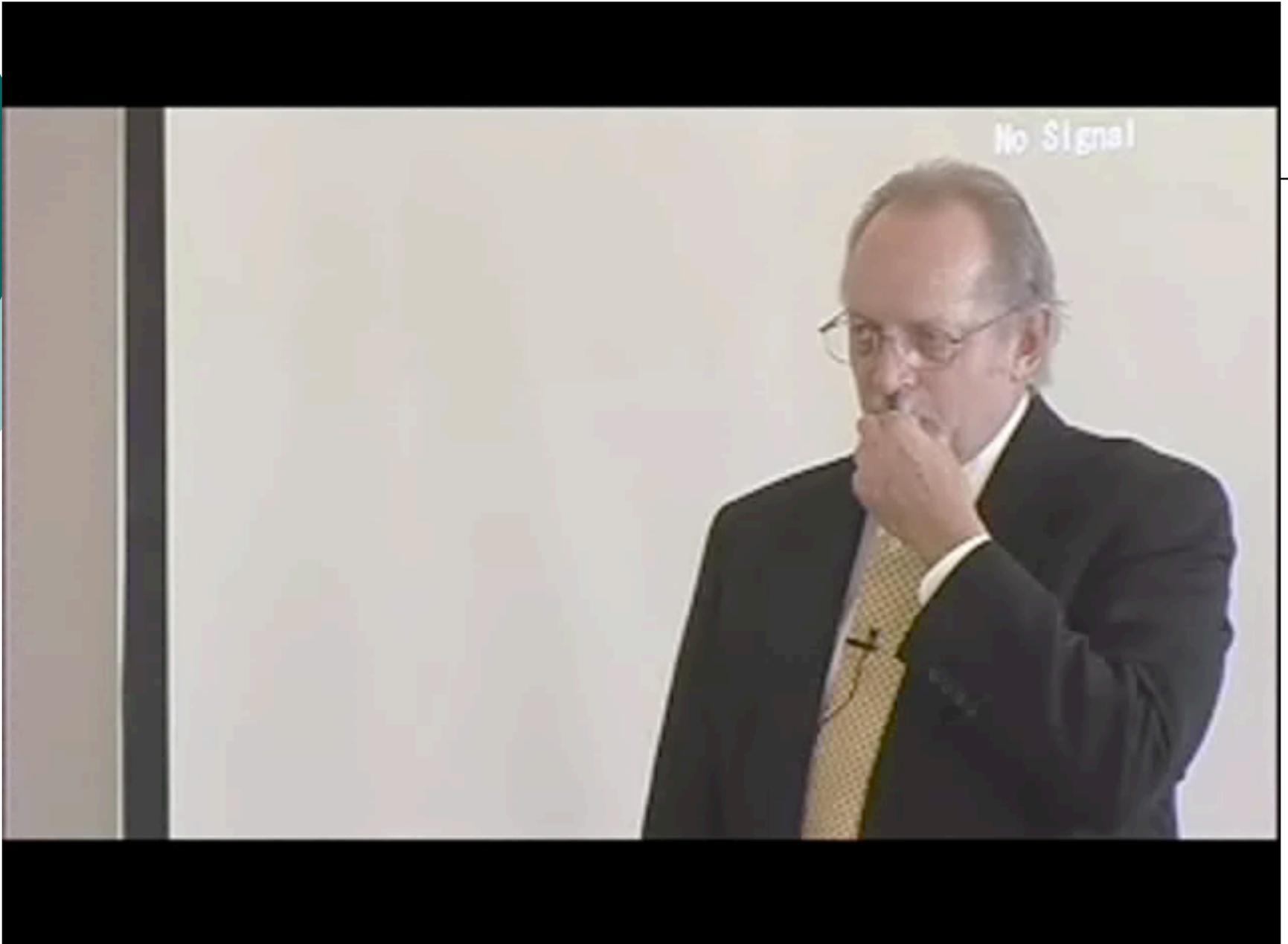
- Parents demand that their children treat them with respect, yet use violence to enforce their demands.
- Children learn that violence is a way of getting others to do what you want them to do.





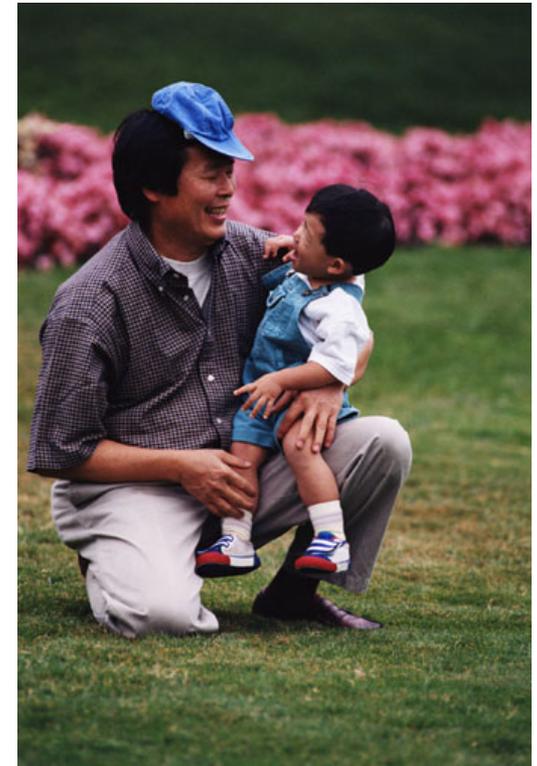
Parents Spank Children Based on Religious Writings

- “Spare the rod, spoil the child” is the most misquoted and misunderstood phrase in religious literature.
- Members of the clergy believe that the rod represents guidance. Children need guidance, not violence.



Parents Spank Children Because It's a Cultural Practice

- Parents of different races and cultures all believe hitting is unique to their culture.
- However, hitting is so widespread throughout society that hitting children is a **societal** practice rather than a cultural one.



Spare the Kids

WHY WHUPPING CHILDREN
WON'T SAVE BLACK AMERICA



Stacey Patton

author of *That Mean Old Yesterday*

"Without condescension or unnecessary moralizing, this book will challenge your most deeply held assumptions and refute your strongest arguments."

—Marc Lamont Hill, author of

Nobody: Casualties of America's War on the Vulnerable, from Ferguson to Flint and Beyond

AFRICAN AMERICAN STUDIES / FAMILY AND RELATIONSHIPS

"*Spare the Kids* may well prove as powerfully corrective as Harriet Beecher Stowe's *Uncle Tom's Cabin* was upon the acceptance of chattel slavery."

—David Levering Lewis,

two-time Pulitzer Prize winner for biographies on W. E. B. Du Bois

Why do so many African Americans have such a special attachment to whupping children? Studies show that nearly 80 percent of black parents see spanking, popping, pinching, and beating as reasonable, effective ways to teach respect and to protect black children from the streets, incarceration, encounters with racism, or worse. However, Dr. Stacey Patton's extensive research suggests that corporal punishment is a crucial factor in explaining why black folks are subject to disproportionately higher rates of school suspensions and expulsions, criminal prosecutions, child abuse cases, and foster care placements, which too often funnel abused and traumatized children into the prison system.

Weaving together race, religion, history, popular culture, science, policing, psychology, and personal testimonies, Dr. Patton connects what happens at home to what happens in the streets in a way that is thought-provoking, unforgettable, and deeply sobering. *Spare the Kids* is not just a book. It is part of a growing national movement to provide positive, non-violent discipline practices to those rearing, teaching, and caring for children of color.

"Patton brilliantly demonstrates the ways that corporal punishment is indelibly linked to white supremacy, and a continuation of the systemic logic that undergirds it. In that sense, her work is less moralizing . . . than a structural analysis of systemic injustice and how that injustice has been transmitted directly, and often brutally, onto the bodies of children."

—Tim Wise, author of *White Like Me: Reflections on Race from a Privileged Son*



Shana La

Dr. Stacey Patton is an award-winning journalist, author, and child advocate. Her writing on issues surrounding higher education, child welfare, and race has appeared in the *Washington Post*, *Al Jazeera*, the *BBC News*, and the *Root*. She is also the author of *That Mean Old Yesterday* and the creator of the anti-corporal punishment organization Spare the Kids.

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Parents Spank Children to Prepare Them for the Real World

- Because violence is so common, many parents believe they need to prepare their children for the violence filled “real world” by toughening them up.



Parents Spank Children to Prepare Them for the Real World

- The “real world” for a developing boy or girl is not what goes on **outside** the home, it is what goes on **inside** the home.



Why Is Spanking Detrimental to Children?

- Parents become people children fear and avoid, rather than someone in whom they can confide.



Why Is Spanking Detrimental to Children?

- Spankings given “out of love” can teach children that people who love you should hurt you.
- When they grow up, they may get involved in unhealthy relationships.



Why Is Spanking Detrimental to Children?

- Many people have difficulty getting close to others because of these double messages.





Parent's Personal Struggle to Change

- It is difficult to break a habit--good or bad.
- Spanking a child is a parenting habit that seems like the right thing to do, even though we may not necessarily feel better about what we did afterwards.



“I Spank - But I Don’ t Hit My Children”

- Hitting a child, whether it’ s called a spanking, walloping, beating, thumping, whipping, smacking or loving discipline, is still violence.
- The single biggest problem with using this rationale is that children will learn to hit others and believe it’ s not really hitting.

“I Deserved to be Hit as a Child”

- It's difficult for adults to believe that, as children, they didn't deserve the spanking.
- When you hit a child's body, you are telling the child he or she is “bad, no good, unacceptable, inappropriate, etc.”
- When you use positive methods of discipline, you are telling the child what he or she did was bad or wrong, but that he or she is still a good person.

“I Deserved to be Hit as a Child”

- The biggest problem with telling a child that they deserve to be hit is that children learn that being victimized is normal or appropriate.
- This is a philosophy that can destroy marriages and lives later in life.





“I’ m Doing This Because I Love You”

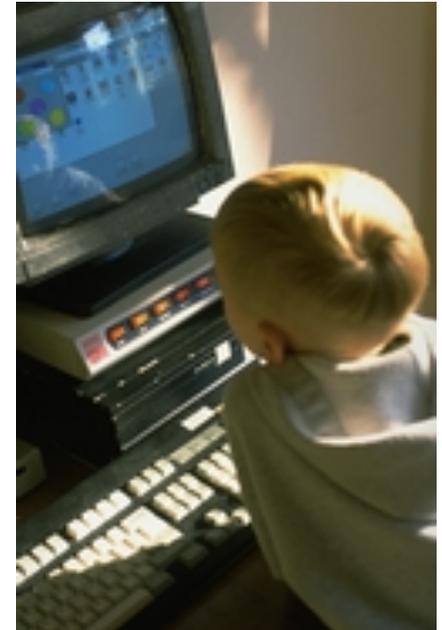
- Hitting someone does not make them feel loved.
- If you look up the word love in the dictionary, you won’ t find hurt, pain, violence, and cruelty in the definition. Love is respect, closeness, a spiritual intimacy, belonging and attachment. It is not violence.

Alternatives To Spanking



Loss of Privilege

- A privilege is a right granted by a parent.
- Privileges can be things like watching TV, playing with a toy, or riding a bike.
- If a child misuses an object or misuses a privilege, he or she loses it for awhile.





Grounding

- When a child repeatedly misbehaves, such as, repeatedly leaving the yard without permission, an appropriate punishment is being grounded to the yard or house.
- The child must know that the behavior was inappropriate for grounding to work.
- Grounding should be for a reasonable period of time (one or two days, never more than a week).

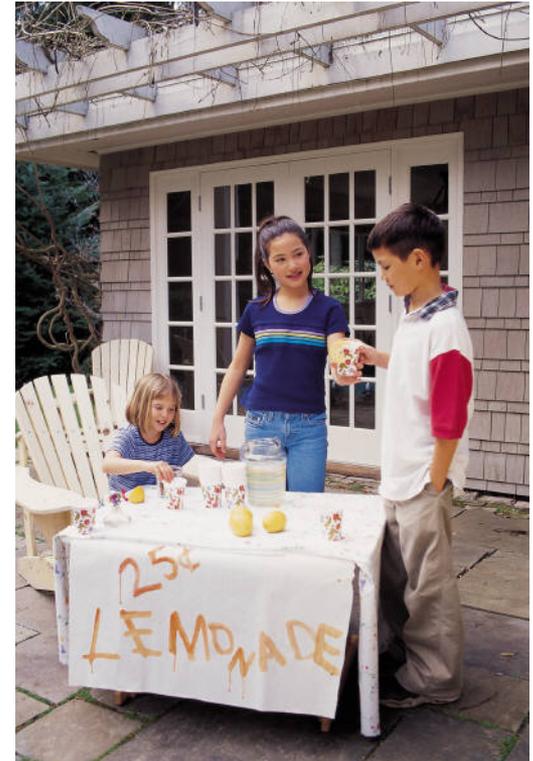


Parental Disappointment

- Parental disappointment is a simple statement which expresses the parent's disappointment in a behavior the child has chosen to perform.
- If the behavior occurs again, a parent may use time out or take away a privilege.

Restitution

- Restitution means that there is a “payback” or logical consequence for a specific misbehavior.
- The goal of restitution is to make good of a wrong.





Ignoring

- Ignoring is a way parents communicate their disapproval of certain behaviors by deliberately not paying attention to it.
- Ignoring is appropriate for annoying, but harmless, behavior.
- Parents should praise behaviors they want to increase and ignore the behaviors they want to decrease.

Ignoring

- Parents should NEVER ignore behaviors that:
- **Cause harm to the child or others** (hitting pets, hitting self),
- **Increase the risk of physical harm to the child or other children** (playing with matches, playing with electrical sockets),
- **Cause damage to property** (writing on walls, graffiti).



Verbal and Physical Redirection

- Verbal redirection tells children what is acceptable and what is not acceptable.
- Physical redirection removes children from dangerous activities and substitutes more appropriate activities.
- Verbal and physical redirection work best when used together.



Time Out

- Time out is a temporary isolation of the child from others because of inappropriate behavior.
- Time out should be boring and in a safe, well-lit area where the parent can see the child. Time out should **never** be in a room alone, in a basement, or in a closet.

Time Out

- A good rule of thumb is that children should sit in time out no more than one minute per each year of life.
- Children under age 2 should not be put in time out.
- After time out, parents should discuss the misbehavior with the child.





In Conclusion

- Spanking is not effective and has many harmful consequences.
- Techniques such as grounding, ignoring, redirection, and time out are much more effective.

The Purpose of Family Rules

- The purpose of family rules is for parents and children to establish consistent guidelines that will help everyone know what is and what isn't expected of them.

The Purpose of Family Rules

- Family rules encourage family members to take responsibility for their own behavior and to be contributing members of the family.



The Purpose of Family Rules

- Family rules teach cooperation, and make living together much more pleasant.
- Family rules also help ensure that everyone in the family has input in how the family operates and the standards of acceptable behavior.

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- **Family rules are for EVERYONE in the family!**



Family Rules

- Family rules are a set of Do's and Don'ts that serve as guidelines for carrying out family morals and values.



Family Rules

- Family rules are developed by all family members, apply to all family members, and are reviewed on a regular basis to determine how well the family is doing following the rules.

About Family Rules

- Family rules involve everyone's participation.
- So if grandpa or grandma play an active parenting role, they should be involved too.



Family Rules

- Family rules involve Do's and Don'ts.
- **Do's**
 - Let children know what IS appropriate behavior.
- **Don'ts**
 - Let children know what is NOT appropriate behavior.

Family Rules

- Family rules are designed to promote and reinforce desirable behaviors.



Family Rules

- Family rules help children learn appropriate behaviors through parental modeling.



Family Rules

- In family rules, everyone is treated fairly.



How to Establish Family Rules

○ **Get everyone to participate**

- Have all family members sit around the table.
- Have young children be present, even if they can't contribute.



○ **Share problem behaviors**

- Encourage everyone to share behaviors they feel are problems.
- Talk freely about issues the family has to work on.
- Avoid blaming or fault finding.





○ **Have a large piece of paper and a magic marker**

- Draw a line down the center of the top of the paper. On the top of one column, write **Do's**. On the top of the other column, write **Don'ts**.

Do's	Don'ts



Brainstorm a list of rules

- Have children be active members in brainstorming rules.
- The goal is for parents to have the children come up with some of the rules they would like to see on the family list.
- Repeat this process until all issues are covered.



- **Keep the rules simple and specific**

- Be specific in wording your rules.
- For every “what not to do”, there has to be a “what to do.”
- This way you’re substituting what you want for what you don’t want.

Limit family rules to a maximum of five to seven

- Keeping a short list will help children remember the rules and practice them.
- Too many rules are difficult to remember.





- **Identify a consequence and reward for each rule**

- For rules to have meaning, a consequence must be associated with each rule.
- When children choose to misbehave, a punishment must follow.
- When children choose to behave, a reward must follow.



- **Hold regular family meetings to review the rules**

- Rules are not written in concrete.
- When a behavior is no longer a problem, have a rule dropping party.
- The rule has now become a moral or value.
- When new problems come up, put it on the list of Do's and Don'ts.



Corporal Punishment

- Nurturing Skills Curriculum

Empathy

- -What objections to this construct do you think the families you are working with will have?
- - Are there current families you are working with that need work in this area?
- -Facilitator techniques that can be used to overcome objections